Fueled to Fight

Healthy Eating Supports the Mission

Purpose

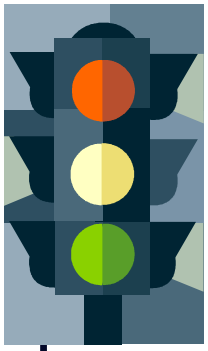
- To define a single system for product identification which enhances the Marine's ability to make ***healthy choices***
- Establish a policy for color coding menu items within USMC mess halls
- System intent:
  - Provide identifiable choices
  - ***NOT*** to prevent options

System Logistics

- Roll-out set for May 2012
- Partnering
  - USMC Registered Dietitians
    - Established color-coding policy (stoplight system)
    - Analyzed menu items and categorized foods
  - Mess Hall Management and Operations
    - Label menu items on serving line
    - Hang informational posters

Stoplight System

- Categorizes food by a color coded S***toplight*** system
  - Red
  - Yellow
  - Green



- Food is categorized based on total fat and saturated fat percent
- Identified by food labels and posters throughout dining establishments

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GREEN criteria

- Healthiest options for maximum performance
- “Engage at will” = Great Choices
- Food item contains:

≤ 30% Total Fat*

and

≤ 10% Saturated Fat*

(* % of total calories)

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YELLOW Criteria

- Choose with caution and watch quantity
- “Well aimed shots” = Use Occasionally
- Food item contains:

≤ 31 -49% Total Fat*

and

≤ 11-15% Saturated Fat*

(*% of total calories)

RED Criteria

- Hinders performance
- “Check Fire”= Limit amounts
- Food item contains:

> 50% Total Fat*

and

>16% Saturated Fat*

(*% of total calories)

Exceptions…

YELLOW Coded

- Eggs
- Avocado
- Nuts
- Seeds

- Diet Soda
- Sports Drinks
- 100% Juice

RED Coded

- Energy Drinks
- Regular soda
- Fruit punch
- Lemonade
- Fruit drinks
- Bug juice

- Alcohol

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Example Food Item

Baked Fish with Butter Crumb Topping

Nutrition Facts (per 4 oz. portion):

Calories: 226

Total Fat: 8.7 grams

Saturated Fat: 3.29 grams

Calories from Total Fat = 34.6%

Calories from Saturated Fat = 13.1%

Result: **YELLOW** food label

Are you Fueled to Fight?

		Engage at will	Well Aimed Shots	Check Fire
Dairy	* 3 cups every day	Non Fat or 1% Milk, Fat Free or Low Fat Yogurt or Greek yogurt, Non Fat Sour Cream, Cottage Cheese (non fat or 1%), Non fat Dry Milk	2% Milk, Sherbet/ Frozen Yogurt, Low Fat Sour Cream, Low fat & Light Cheese, Buttermilk, Ice Milk	Whole Milk, Creamer, Whipped Cream Whole Milk Yogurt, Sour Cream & Cottage Cheese, Regular Cheese & Ice Cream, Milkshake, Cheesecake
Meat/ Protein Sources	* 5 ½ to 6 ½ ounces every day	Egg Whites, Egg Beaters, Any Fresh Fish, Chicken or Turkey breast (without the skin) Round cuts of beef, pork tenderloins, Non fried tofu or other soy products.	Whole Eggs, Fish: water-packed canned, salted or smoked, Shellfish Game Hen, Dark Poultry meat, Canned Chicken, Turkey Franks Most Beef, Pork, Lamb, Veal (extra lean)	Egg yolks, Fish: Oil packed canned, Fried Fish Processed Meats (sausage, bacon, hot dogs, some lunch meats) & Organ Meats Fried & Fast Foods Meat, Canned Meats & Stews, Fatty Marbled Red Meat

Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Grains /Cereals	***At least 6 to 8 ounces a day. AT LEAST ½ of the grain servings should be whole grains.** Example: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as	**Whole wheat pita, tortilla, or English muffins, whole grain cereal or pasta, Whole cornmeal, Bulgur. Look for grains with 3 or more grams of dietary fiber per serving. Whole grain pretzels. Grain crackers, rice cakes, brown rice. Buckwheat, oatmeal, muesli, whole rye, wild rice, amaranth, millet, quinoa, sorghum. Popcorn: air popped, no butter.**	**Breads or cereals with less than 3 grams of fiber per serving. Refined grains and pastas such as corn tortillas, couscous, de-germed cornmeal, crackers, flour tortillas, white flour, white rice, regular pasta, grits, and noodles. Most pretzels. Pancakes, bagels or muffins with less than 3 grams of fiber per serving. Baked chips. Popcorn: low fat and light**	**Most snack crackers, most granola, biscuits, bakery products such as cake, pies, cookies, doughnuts, Danishes. Prepackaged rice or pasta with sauces. Macaroni and cheese. Sweetened cereal. French Fries. Chips. Popcorn: regular microwave or popcorn from the movies**

Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Fats & Oils	**Use Sparingly**	**Spray Oils (ex Pam) Use other spices, seasonings**	**Imitation/ Reduced Fat Mayo Salad/ Vegetable Oil Margarine, Low fat & light salad dressing**	**Regular Mayo, Tartar Sauce, Butter, Hard Margarine, Palm and Coconut Oil, Animal Shortening / Lard**
Dried Beans, Peas, Nuts	**Dry beans and peas can be counted either as vegetables** (dry beans and peas subgroup), **or in the meat, poultry, fish, dry beans, eggs, and nuts** (meat and beans) group.	**Natural peanut butter, almond butter, kidney beans, pinto beans, lima beans, black beans, chick peas, split peas, black-eyed peas, and lentils**	**Regular peanut butter, low fat refried beans, some varieties of garden burgers or veggie burgers. Texturized vegetable protein. Unsalted sunflower seeds, almonds, walnuts, and hazelnuts (filberts).**	**Refried beans, salted nuts, and some packaged trail mixes.**

Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Fruits and Vegetables	**At least 2.5 cups of fruit and at least 4 cups of vegetables a day** Example: 1 cup of fruit or 1 cup of 100% fruit juice counts as 1 cup. ½ cup of dried fruit can be considered as 1 cup. Example: 1 cup of raw or cooked vegetables, or 1 cup of vegetable juice counts as 1 cup.	**All fresh fruits and vegetables. Frozen vegetables.**	**100% fruit and vegetable juices. Frozen juice bars. Salsa. No added salt canned vegetables. Dried fruit. Unsweetened applesauce. Avocado, olives, sauerkraut**	**Canned fruit in light or heavy syrup. Regular canned vegetables. Sweetened applesauce. Frozen fruits with added sugar. Frozen veggies with sauce or cheese. Coleslaw, potato salad, French fries, onion rings, hash browns, tater tots, scalloped or Au Gratin Potatoes. Deep fried vegetables. Fruit candies, fruit drinks that are not 100% fruit juice, sweetened dried fruits.**

Are you Fueled to Fight?

		Engage at Will	Well Aimed Shots	Check Fire
Beverages	*Serving size depends on individual needs	Water, Non fat or 1% milk, Unsweetened Tea and Coffee	Sports Drinks, Diet Soda, 100% fruit and vegetable juices, 2% milk	Energy Drinks, Regular Soda, fruit drinks, punch, lemonade, sweet tea, whole milk, alcohol
Supplements	*Serving size depends on individual supplement	If your doctor has determined the supplement is safe for you and prescribes a safe dose to follow.	Multivitamin products with seals from third-party verification programs (Ex. USP, NSF, etc). Vitamins/minerals that do not exceed 100% of the daily value. Always ask a physician before taking a vitamin/mineral. Small doses of caffeine may increase athletic performance if approved by your physician.	Energy Drinks. Any supplement that has limited research. Any supplement that you have not cleared with a physician. Supplements may interact with medications and may cause increased risk for dehydration.

Disclaimers

- Serving sizes vary depending on height/weight, age, gender, and level of physical activity.
- *Serving size on guide is based on
  - males and females,
  - aged 19 to 30 years old, and
  - who engage in at least 30 minutes of physical activity most days of the w

Resources

- For more information on nutrition or *Fueled to Fight*, contact Semper Fit

- Helpful websites:
  - www.humanperformanceresourcecenter.org
  - http://champ.usuhs.mil/warfighterguide.html
  - www.nal.usda.gov/fnic
  - www.nlm.nih.gov/medlineplus

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